

Name: _____ Second Grade: _____ Date: _____

Eat Smart to Be Smart Lesson Review

1. The My Pyramid for Kids picture (logo) can help me plan healthy meals and snacks. Match the name of the food group to the correct stripe on the MyPyramid for Kids.



Dairy/Milk Vegetables Grains Fruits Meat and Beans

2. What does the child climbing up the stairs of the MyPyramid picture mean to you? Draw a circle around the answer.

a. I need to play and be active each day

or

b. I need to climb stairs each day

3. Draw a circle around the foods that are in the Vegetable Group.



Pasta (macaroni)



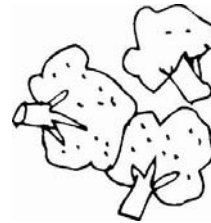
Carrots



Grapes



Swiss cheese



Broccoli

4. At the school breakfast program today, the menu was scrambled eggs, toast, banana and milk. How many food groups are in this meal?

a. Three

or

b. Four

5. Circle all of the healthy drinks in this grouping.



a. Orange Juice



b. Milk



c. Soda or Cola

6. Draw a circle around the two ways to be physically active every day.



a. Playing soccer



b. Watching tv



c. Riding a bike



d. Playing a computer game

7. Which type of milk is the healthiest for your heart? Circle your answer

- a. Whole Milk or b. Fat Free Milk

8. Draw a circle around the foods in the dairy group



Potato



b. Cheese



c. Yogurt



d. Milk

a. Potato

The following 4 questions are Agree / Disagree Questions. If you agree, with the statement in the question, circle YES. If you disagree circle NO.

Do you agree or disagree with this statement? Circle your answer.

9. It is important to eat breakfast every day because it gives me energy to learn, play and grow.

a. YES, I agree with it

b. NO, I disagree with it.

Do you agree or disagree with this statement? Circle your answer

10. By eating dairy foods each day, I will help my body build strong bones and teeth.

a. YES, I agree with it

b. NO, I disagree with it

Do you agree or disagree with this statement? Circle your answer.

11. Fiber is found in fresh fruits and vegetables and whole grain cereals or breads.

a. YES, I agree with it

b. NO, I disagree with it.

Do you agree or disagree with this statement? Circle your answer.

12. When my heart beats faster than normal it raises my pulse.

a. YES, I agree with it

b. NO, I disagree with it.